

**CLAIMS**

1. Ice spike for mountaineering, having a metal armature designed to be fitted under the sole of a shoe, said armature comprising:

5            - a bearing surface having a plurality of anchoring teeth along the periphery,  
- a front part equipped with means for securing the front of the shoe,  
- a rear part provided with a fixing clamp comprising a cross-bar designed to latch directly onto a rear rim of the sole to secure the heel of the shoe,  
- means for adjusting the armature in length according to the shoe size,  
10          - and a strapping system associated to tightening means to secure the armature to the sole of the shoe, wherein:  
- the front part of the armature comprises stop means to wedge the front of the shoe in the longitudinal direction,  
- and the strapping system comprises at least one safety lanyard fixed to the  
15          fixing clamp of the rear part pressing the cross-bar onto said rim when clamping is performed.

2. Ice spike according to claim 1, wherein the fixing clamp of the rear part is achieved by means of a steel wire folded into a U shape, that is mounted with pivoting in a pair of holes arranged transversely in the rear part of the armature under the plane of the bearing surface.

- 20          3. Ice spike according to claim 1, wherein the cross-bar of the fixing clamp is joined to the lateral branches by two loops for passage of the lanyard.

25          4. Ice spike according to claim 3, wherein each lateral branch of the fixing clamp is inclined with respect to the cross-bar making an obtuse angle.

5. Ice spike according to claim 1, wherein the stop means comprise a hoop pivotally mounted around a horizontal axis extending at the front of the armature.
- 5 6. Ice spike according to claim 1, wherein the stop means comprise two protuberances salient at the front of the bearing surface.
7. Ice spike according to claim 6, wherein the protuberances are shaped as ring-holders for passage of the lanyard.